



**TAKE 10
FOR YOU**

**Improve your health in just
10 minutes a day**

Presented by CommonHealth

#1 COMPLAINT



There aren't
enough
hours in the
day to get
everything
done.

All aspects of wellness are interrelated



What matters to you?

- » Make time for what is MOST important everyday. Little things can add up to big rewards, so don't discount the small stuff.

Take 10 to
Revitalize,
Simplify,
» Relax,
Connect &
Take Care of
Yourself



How do I feel less wiped out at the end of
the day, so that I have the energy to do
what I enjoy? »»

Take 10 to Revitalize

► Stand More

- Help control your weight by burning 35 extra calories an hour. That adds up to 18 pounds a year for an average adult who switches from sitting to standing for 5 hours a day.

Dilbert

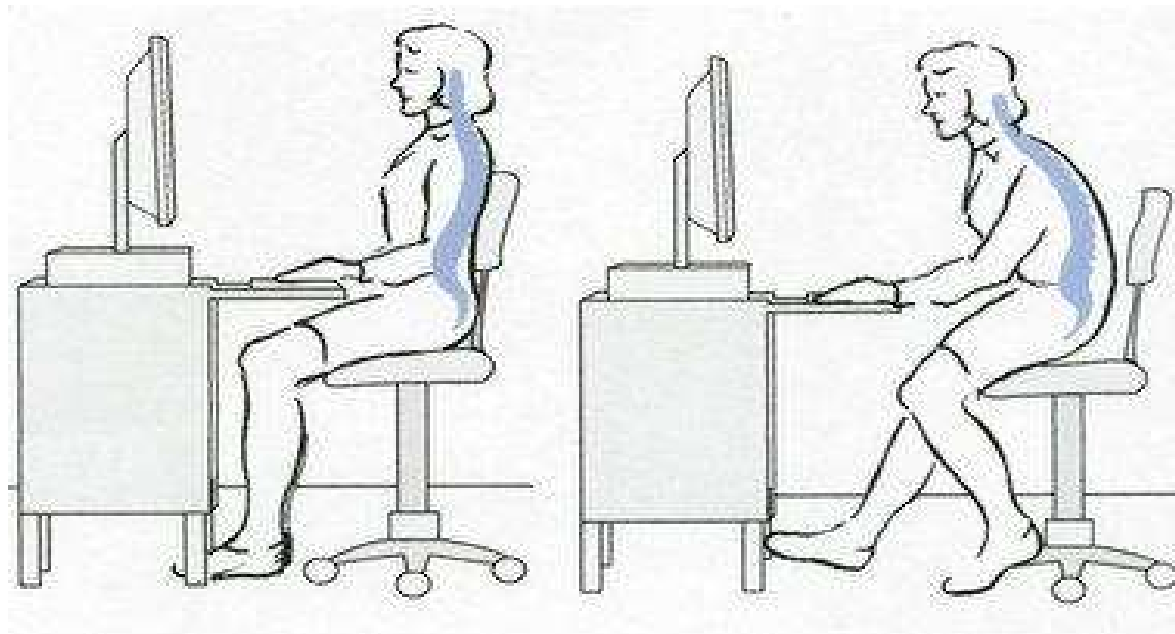


Try it today for 10 minutes

Take 10 to Revitalize

► Sit Better

- Positive thoughts and feelings are easier to create in an upright position



You body will thank you. You will have more energy and feel better overall!

Take 10 to Revitalize

► Walk

- Use your breaks to get fresh air (even when it is cold outside) and refocus your attention

► Try a 7-minute workout or Monday Moves

- Check out the CommonHealth website for a great total body circuit that can be done anywhere

www.commonhealth.virginia.gov



Walk the dog.
Don't just watch the dog walk.

Take 10 to Revitalize



► Make a meals list

Try packing a healthy lunch to boost your nutrition at work.

► Plan “you time” everyday

What do you really enjoy? Do these things as often as possible.

» Stretch Break

Sit at a desk all day? Join us for live but virtual stretch break--Monday Moves at 11am! Sign up for one or all by clicking below!

March 23:

<https://events.gcc.teams.microsoft.com/event/23fe03e0-97a1-40d4-866b-20dfca19582f@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>



March 30:

<https://events.gcc.teams.microsoft.com/event/33164816-d236-48d5-bd88-e968aedc9ad7@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>



How do I make my day run more smoothly?



Take 10 to Simplify



- ▶ Get rid of 10 things by donation, recycling, or throwing them away. By doing this once a week, you will relieve yourself of 520 unused items.

Start with your wallet, purse, or junk drawer

Take 10 to Simplify

*O Master,
is it proper
for a monk
to use email?*



*Sure...
as long as
there are no
attachments!*

noiseofindia.com

- ▶ Unsubscribe to unwanted marketing or newsletter emails
- ▶ Clear out your email in box or organize your electronic documents
- ▶ Sign up for automatic bill pay

Take 10 to Simplify

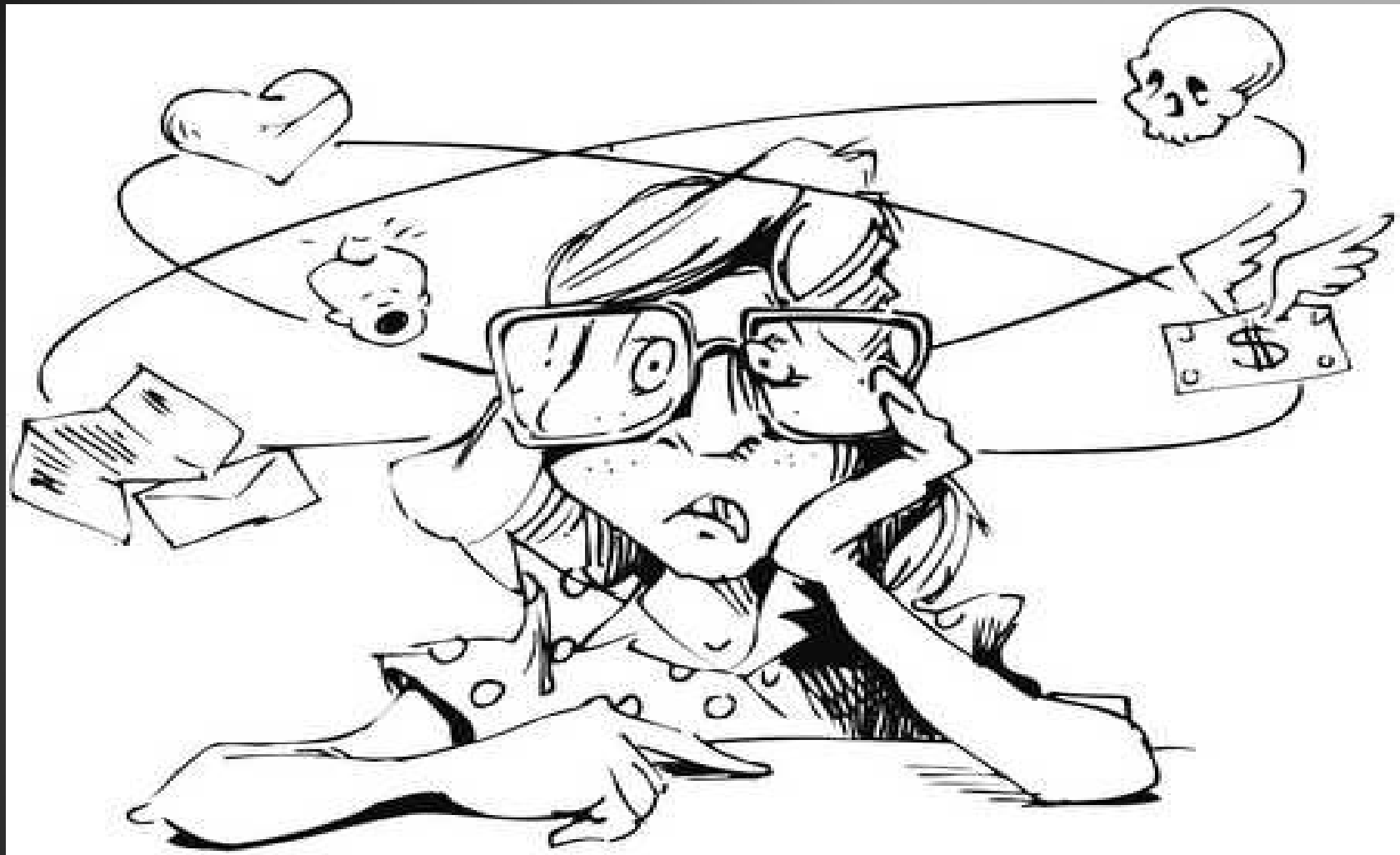


- ▶ Take 10 minutes to do a digital detox – turn off your phone, laptop, or any other electronics and just be for a bit.

Take 10 to Simplify



- ▶ Sort through your mail and household paperwork pile.
- ▶ Make a list of projects that you know need to be done and prioritize them.
- ▶ Take action on your top priority.



How do I dial it back a notch?



Take 10 to Relax



► Breathe

- Doing abdominal breathing, you can activate the *vagus nerve* and trigger a relaxation response. The relaxation response, which is the opposite of the stress response, is necessary for your body to heal, repair, and renew.

Let's breathe
together now!

Take 10 to Relax



Dance, Move, Play, Do Yoga, Join a Team

Exercise in almost any form can
act as a stress reliever

Take 10 to Relax

► Get Inspired

- Try a **TED** talk

- Read a great article



- Check out a blog on your hobby

- Talk to someone that you find to be amazing



Take 10 to Relax



- ▶ Write down what makes you feel grateful. Try to add one item to this list daily.
- ▶ List your worries so that your mind can stop spending cognitive energy reviewing them.

Guided Meditation





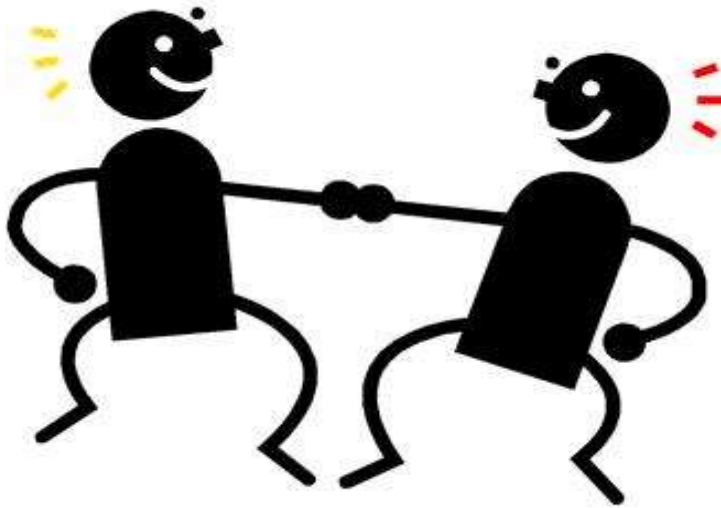
How do I feel less lonely?



Take 10 to Connect

► Write a thank you

note It is NEVER too late to let someone know that you appreciate them.



► Meet the neighbors

When was the last time you saw your neighbors? Has someone new moved in? Build your community by saying hello.

Take 10 to Connect



- ▶ **Spend time with an older person** Experience is a great teacher. Allow some time to really listen to someone who has matured.

- ▶ **Play with a child** Their energy can be infectious and enjoying time with adults can have lasting benefits for them.



Take 10 to Connect



► Look at old photos

Consider ways that you can create new experiences to look forward to and make more memories to enjoy.

Live the life you love

Take 10 to Connect



- ▶ **Volunteer to help out with a community or charity event** Check out the CVC website for some fantastic opportunities to serve others. The benefits for your mental wellbeing are huge.

www.cvc.virginia.gov



Take 10 to Connect



- ▶ Make a “This Year” list of experiences you would like to have and the people you would like to have them with.
- ▶ Decide ways that you can have a positive impact on your community and seek out or take a step to start an organization to meet your goal.



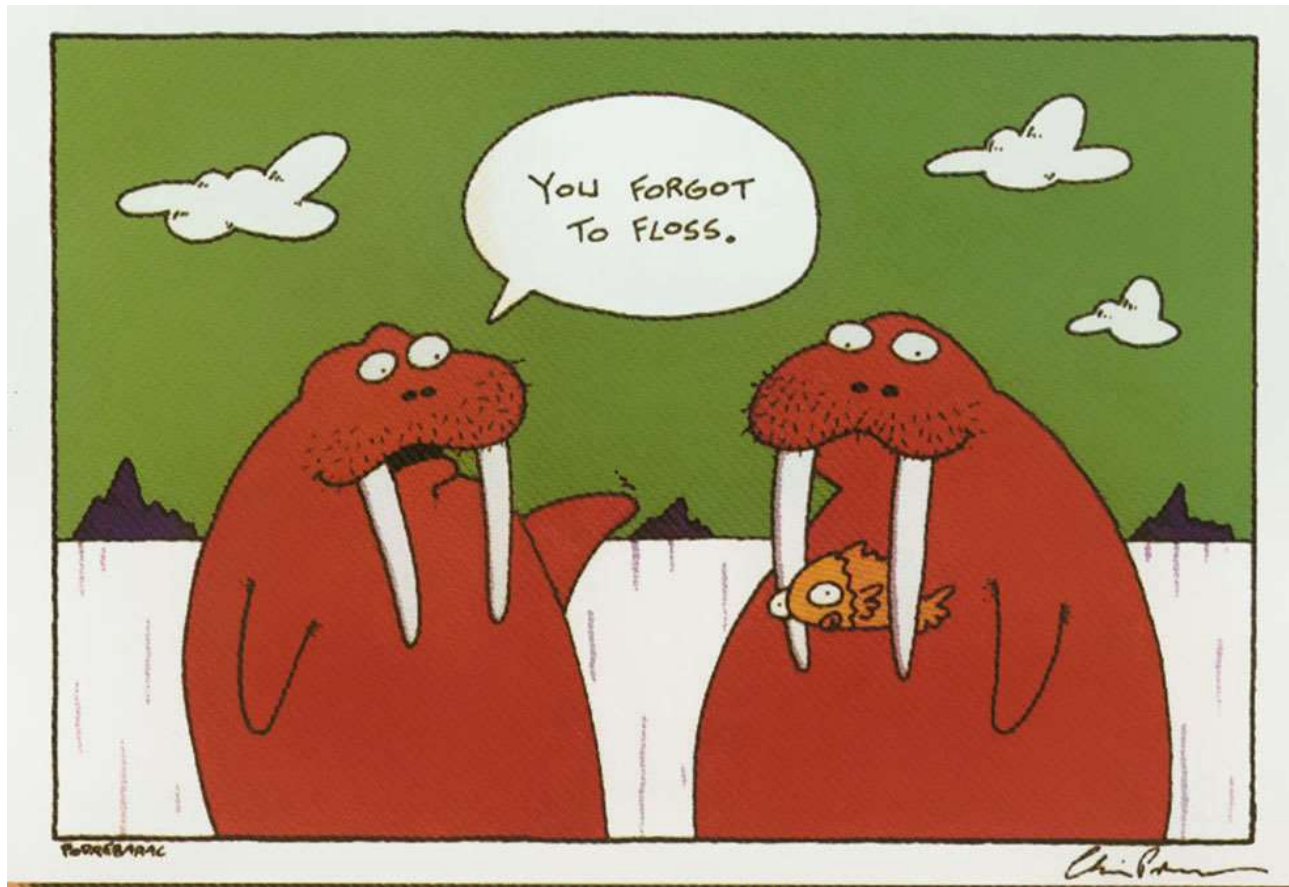
How do I manage my health today to make my tomorrow more enjoyable? >>

Take 10 to Take Care of Yourself



- ▶ **Spiff up your kitchen**
Take inventory and rotate foods in your pantry or freezer.
- ▶ **Keep it clean** Fight food borne illness by wiping down your fridge, stove, or counters with a disinfectant.
- ▶ **Wipe down germ hotspots**
A quick disinfection to toilet, sink, and shower handles cuts down on sharing germs.

- Floss and brush your teeth



It takes just minutes but can
make a big difference in your
overall health

Take 10 to Take Care of Yourself

► Go to bed 10 minutes early

Blood pressure normally lowers during sleep. No sleep, no healthy dip.

Lack of sleep raises stress hormone levels that impact heart health.



Remember CH's
Better Nights
Campaign

Take 10 to Take Care of Yourself

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www.glasbergen.com

- **Schedule a checkup** Are you overdue for the dentist? Has it been awhile since you saw your primary care doctor? Take 10 minutes to set up an appointment.



“Lose some weight, quit smoking, move around more, and eat the carrot.”

Take 10 to Take Care of Yourself



- ▶ Choose one place to log your important health numbers like blood pressure, weight, and cholesterol. Add to this list each time you have a check up to identify trends and catch conditions early.

Strive for progress, not perfection



*10 minutes can make a
difference*

Questions?



Visit the CommonHealth website
www.commonhealth.virginia.gov

Thank you